



City of Yonkers
Department of Parks, Recreation & Conservation
285 Nepperhan Avenue
Yonkers, New York 10701



Fall 2012

COMMUNITY RECREATION

www.yonkersny.gov
register.communitypass.net/yonkers

General Information

City Of Yonkers Department of Parks, Recreation and Conservation
285 Nepperhan Avenue, Yonkers NY 10701
Monday- Friday 8:30 am to 4:30 pm
914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. MAIL-IN REGISTRATION IS NOT ACCEPTED.

ON-LINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make on-line payments using Visa, Master Card and Discover Card.

WALK-IN REGISTRATION: Walk-in registration takes place the day after on-line registration. If it is impossible for you to register on-line, in-person registration will take place at 285 Nepperhan Avenue, starting at 9 am. Please note that some classes will be full prior to 9 am. You can make payment using check, cash, money order, Master Card, Visa and Discover Card.

AGE REQUIREMENTS: Age requirements will be as of the date of the first class unless otherwise specified. Please do not request to register your child for a class she/he does not belong in. All age requirements are set to benefit the children and make instructions more consistent for the program leader. An Adult class is for ages 18 yrs and older. No one under the age of 18 is permitted to participate in or attend an adult class.

PROGRAM ABSENCES: Classes are not made up due to a participant's personal absence. If you miss a class because of personal reasons, we do not owe you a class. Classes lost to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: If you register for a program and must drop out before the class begins, there will be \$25 processing fee associated with your refund. No refunds will be issued after classes begin, except for medical reasons. These requests must be accompanied by a letter from a physician.

PROBLEM PAYMENTS: Bounced checks and credit card charge cancellations will carry a \$25 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call our Hotline at 377-6454.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their principals, teachers, secretaries and custodians.

SPECIALISTS NEEDED: If you have a special skill and would like to teach for the Parks Department, call Recreation Director Stephen Loftus at 914-377-6436 Monday through Friday from 8:30 am to 4:30 pm.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall: show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants or staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.

CITY OF YONKERS

Michael J. Spano, Mayor

CITY COUNCIL

Charles Schorr - Lesnick

President

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Wilson Terrero 2nd District	Michael B. Breen 5th District
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DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

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Assistant Rink Manager, Patricia Urban

YONKERS ANIMAL SHELTER

Animal Control Officer

Almira Simpson

Deputy Animal Control Officer

Marco Segarra

COYNE PARK RIFLE RANGE

Range Officer, Christopher Rotolo

ON-LINE REGISTRATION

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, Master Card or a Discover Card, and need a valid email address.

Setting up an Account

Go to <https://register.communitypass.net/yonkers>
Click on :

"Create an Account for Your Family Now" and complete the account form.

To add more family members click on:

"Update Your Family Information". At the top of the next page click either "Add Another Child" or "Add Another Adult". After you have added your family members, click "Home". You will receive an email that contains your log-in info.



register.communitypass.net/yonkers

ON REGISTRATION DAY

Step 1

Go to <https://register.communitypass.net/yonkers>
Log in using your user name and password.
Select the activity and click on "Register Now"

Step 2 On the next page update any information for the primary contact and/or click "Continue"

Step 3 On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program that appears above the "Register" button or register immediately by clicking on the "Register" button.

Step 4 On the "Choose Participant" page, click the box next to the person/persons you are registering, then click "Continue".

Step 5 On the "Registration Forms" page, enter the required information and then click the "Continue" button.

Step 6

If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If not finished, click on "Continue Registering".

Confirmation will be sent via email receipt.

ON-LINE REGISTRATION SCHEDULE

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation

**Thursday, September 6
at 7:00 pm**

- **Swimming : Tuesday, September 11 at 7:00 pm** *see water testing below.

* Water Testing Requirements: **Monday, September 10** from 6:00 - 8:00 pm at the Mark Twain Pool

**If your child has not been in our program,
you MUST bring them to Water Testing for correct placement in our level classes,
unless you know that they should be in Level 1.**

Water testing is NOT required for Parent & Tot, Water Sprites, or Adult Classes

- **Project Friendship**

To register call 377-6450 for an appointment.

- **Registration is not required to attend the Teen Recreation Centers,
Senior Citizen Centers, and the Senior Citizen Specialist Classes.**

Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities.

Indoor Permits are required to use public school gymnasiums and our five community centers.

Outdoor Permits are required to use all park facilities. Permits are needed for softball tournaments, the Tibbetts Brook Park turf soccer fields, soccer/baseball/softball fields at Pelton and Fleming Fields and the picnic facilities at Redmond Park and the JFK Marina. Mobile concessions for parks and non-recreational permits are also obtained through this office.



Wedding Photo Permits are required to take photographs and videos inside beautiful, historic Untermyer Park, located at 945 North Broadway. (See photos at right).



Applications and Due Dates

Fall Outdoor Permit Applications are available August 1.

Fall Indoor Permit Applications are available August 1.

Spring and Summer Applications available in January.

Wedding Photo Applications are available at all times.

All applications can be obtained by visiting www.yonkersny.gov

Click on "Recreational Programs" on the right side of the screen

Click on "Permits and Forms" on the left side of the screen

Fall outdoor field permits are due September 1

Fall indoor permits are due October 12.

Need more information?

Outdoor permits: Call Lisa McKay Harris at 377-6441

Indoor permits: Call Dave Antonelli at 377-7443

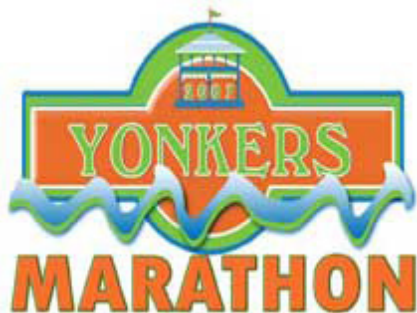
Wedding Photo Permits: Call Marian Marji
or Helene Parker at 377-6450



Special Recreation Events

87th Running of the **Yonkers Marathon**

Sunday, September 16
Marathon and Half-Marathon start at 8:00 am
Call 377-6436 for more information or
go to nycruns.com to register.



2012 “Yonkers Classic” Two Round Golf Tournament

Sunday, October 21
Dunwoodie Golf Course
Sunday, October 28
Sprain Lake Golf Course
Participants must be Yonkers residents.
Call (914) 377-6443 to request a registration form
or you may register at the Department of Parks,
Recreation and Conservation, located at
285 Nepperhan Avenue, Monday through Friday
from 9 am to 4 pm through Friday, October 5.



Fall Track

Fall track is a cross country style of running
Runners (ages 4-14) compete to
complete a course over open terrain.
Saturdays and Sundays at 8:30 am in October
Site: Tibbetts Brook Park, 199 Teresa Avenue

Foul Shooting Contest

Boys and Girls ... Ages 8 - 13
Monday, November 19
Yonkers High School
Pre-Registration required
Applications available October 1
Entry Deadline November 2



Application available: December 3, 2012
Deadline for rosters: January 25, 2013
Tournament: February 19-22, 2013
Yonkers Middle/High School
Open to Boys & Girls teams
with players 15 years old and younger.
Pre-Registration Required
Free Admission
Call 377-6441 for more information

Programs at a Glance

PRE-SCHOOLER RECREATION

Frank Cardone 377-6440

Little Learners
Time with Me
Pre-Ballet for Pre-K
Soccer Squirts
Sport Squirts

Andrea Velasquez 377-6439

Parent & Tot Aquatics
Water Sprites

YOUTH RECREATION

Frank Cardone 377-6440

Acoustic Guitar
Advanced Youth Guitar
Art 101
Baby Sitting Training
Ballet & Tap
Baton & Cheerleading
Chess
Crafty Kids
Hip Hop
Karate
Skateboarding
Tap & Jazz
Tennis
Theatre
Violin
Voice
Zumbatomic® for Kids

Andrea Velasquez 377-6439

Synchronized Swimming
Tsunami Swim Team
Youth Level Swim Classes

TEEN RECREATION

Frank Cardone 377-6440

Acoustic Guitar
Advanced Guitar
Baby-Sitting Training
Glee Club
Skateboarding
Theatre
Voice

Sandy Korkatzis 377-6444

Yonkers Idol Search

David Antonelli 377-6443

Teen Recreation Centers

Andrea Velasquez 377-6439

Cardio Aqua Fit
Deep H2O Aquacise
Synchronized Swimming
Teen Learn to Swim
WSI Course
Yonkers Tsunami Swim Team

ADULT PROGRAMS

Frank Cardone 377-6440

Acoustic Guitar
Ballroom & Latin Dance
Belly Dance
Boot Camp Fitness
Dance Exercise with a touch of Zumba
Dance Exercise with a touch of Zumba Toning
Dog Obedience
Fusion
Light Rifle Shooting for Women
Morning W.O.N.D.E.R
Salsa Dancing
Slimmersize with a touch of Zumba
Slinmnastics with a touch of Zumba
Tennis
Yoga
Zumba®
Zumba Toning®

David Antonelli 377-6443

Open Gym Basketball
Non Competitive Basketball

Andrea Velasquez 377-6439

Adult Learn to Swim
Cardio Aqua Fit
Deep H2O Aquacise
Lap Swim
WSI Course
Yonkers Masters Swim Club

SENIOR CITIZEN RECREATION

Sandy Korkatzis 377-6444

Bingo
Chair Exercise
Chair Yoga
Computer Classes
Drawing Class
Driver Defense Courses
Exercise
Intergenerational Program
Intro to Ballroom Dancing
Line Dancing
Swimming
Tai Chi
Walking Program
Water Color Painting
Woodcarving
Yoga

PROJECT FRIENDSHIP

Tara Conte-Giglio 377-6450

Art Therapy
Bowling
Dance Therapy
Fun & Fitness
Hero Tennis
Music Therapy
Pet Therapy
Special Olympics
Story Telling
Teen Social Club
Theatre Workshop
Yoga
Young Adult Club

AQUATICS

Andrea Velasquez 377-6439

A.R.C. WSI Course
Adult Learn to Swim
Cardio Aqua Fit
Deep H2O Aquacise
Lap Swim
Noon Lap Swim
Parent & Tot
Recreation Open Swim
Senior Swim at Mark Twain Pool
Teen Learn to Swim
Water Sprites
Yonkers Masters Swim Club
Yonkers Tsunami Swim Team
Youth Level Swim Classes

OUTDOOR PERMITS

Lisa McKay Harris 377-6441

INDOOR PERMITS

David Antonelli 377-6443

YONKERS ANIMAL SHELTER

377-6730

RIFLE & PISTOL RANGE

377-6488

EJ MURRAY MEMORIAL SKATING CENTER

377-6469

YONKERS PARKS DEPARTMENT

377-6450

Pre-K Recreation

USA Soccer Squirts

Often imitated, never duplicated, this camp offers a fun-filled environment for boys and girls ages 3-5. The United Soccer Academy, in cooperation with the U.S. Sports Institute, provides a great way to introduce young children to soccer in a short-camp format of enjoyable games and activities which develop motor skills, encourage group interaction, and provide an excellent form of exercise. Schedule includes a range of soccer themes. The emphasis is on fun and more fun. Parents should bring a water bottle and are more than welcome to stay and watch. Each camper receives a T-shirt and certificate.

Ages: 3-5

Fee: \$79

Registration: Visit www.USSportsinstitute.com.

Begins September 6 at 7:00 pm

You must register no later than Friday, September 14.

Make payment by:

Visa, Mastercard, Amex and Discover cards.

Questions about registration: Call (732) 563-2520.

Dates: 6 Saturdays, starting September 22

Time: 2:00 - 2:45 pm

Site Fitzpatrick Tompkins Park

Bolmer Avenue, next to Cross Hill Academy (Emerson).



Sports Squirts

This U.S. Sports Institute camp is a great way to introduce children ages 3 to 5 to sports such as soccer, T-ball, basketball, lacrosse, and floor hockey, all taking place in a safe, structured environment. Activities are designed to evoke a child's imagination by using games that include cartoon characters. All activities promote learning, hand-eye coordination, movement and most of all, fun. Parents should bring a water bottle and are more than welcome to stay and watch. Children receive a T-shirt and certificate.

Ages: 3-5

Fee: \$ 79

Registration: Visit www.USSportsinstitute.com.

Registration begins September 6 at 7:00 pm

You must register no later than Friday, September 14.

Payment by Visa, Mastercard, Amex & Discover cards.

Questions about registration: Call (732) 563-2520.

Dates: 6 Saturdays, starting September 22

Time: 1:00 - 1:45 pm

Site: Fitzpatrick Tompkins Park

Bolmer Avenue, next to Cross Hill Academy (Emerson).

Pre-K Recreation

Time with Me

Miss Tabitha is back! Parents rave about her class as they and their children have fun in an environment where learning unfolds through play and exploration. What's waiting for you? You and your child will enjoy creative play, crafts, singing songs, painting and dancing. Each child registered must have an adult present and no other children will be allowed in class.

Dates: 10 Thursdays, starting September 27

Age/Time: 18 - 24 months 9:00 - 9:50 am
24 - 30 months 10:00 - 10:50 am
30 - 36 months 11:00 - 11:50 am

Teacher: Miss Tabitha

Fee: \$85. Non-residents: \$110

On-line Registration: See page 3

Location: Cola Community Center
945 North Broadway
inside the entrance to
beautiful Untermyer Park



Pre-Ballet

Instructor: Donna and Elisa

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns and express themselves through movement games. Max 10 students per class.

Donna will teach on Mondays & Wednesdays.

We are welcoming Elisa as our instructor on Tuesdays and Fridays

Requirements: Dancewear/ form-fitting clothes and ballet slippers (Girls-pink, Boys-black). Children can register for one class only, on one day.

Fee: \$85. Non-residents: \$110

Location: Montessori Academy (Mark Twain),
opposite 119 Woodlawn Ave.

Dates: 10 classes: Mondays, Tuesdays, Wednesdays or
Fridays

Age/Time: 3 - 4.5 yrs 4:45 - 5:30 pm
4.5 - 5 yrs 5:45 - 6:30 pm
See registration - details on page 3

Monday class starts September 24

Tuesday class starts October 2

Wednesday class starts September 19

Friday class starts September 21



Pre-K Recreation

Little Learners 2012-2013

This very popular program is now available for as many as five mornings a week and continues to be a great value. In addition, we offer afternoon hours at one of our four sites.

Youngsters 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, social interaction and cooperation with peers and adult staff.

Requirement: Children must be toilet trained (no diapers or pull-ups) and be three years old by December. Parents will be required to present a birth certificate at class if asked to do so.



Morning Programs

Dates: September 24 through early June

Age: 3 - 4 yrs. See above.

Time: 9:00 - 11:30 am

Registration: Mon., Sept. 6 at 7:00 pm

Fee: Various choices / fees are listed below.

4 Convenient Sites

Bronx River Road Center, 680 Bronx River Road

Teacher: Miss Vickie

Cola Center, 945 North Broadway

Teacher: Miss Caryn

Coyne Park, 777 McLean Avenue

Teacher: Maureen Mastrocola

Will Library, 1500 Central Park Avenue

Teacher: Miss Lucy

Choices at the Cola Center

3 mornings Monday, Tuesday, Wednesday Start Sept. 24

Choices at Bronx River Road, Coyne Park and

Will Library

2 mornings Thursday and Friday Sept. 27

3 mornings Monday, Tuesday, and Wednesday Sept. 24

5 mornings Start Sept. 24

Fees: Every option is a Great Value

2 mornings: Residents \$ 775 Non-residents \$ 885

3 mornings: Residents \$1165 Non-residents \$1325

5 mornings: Residents \$1940 Non-residents \$2200

Afternoon Program

Dates: Tuesdays and Thursdays
Sept. 25 through early June

Age: 3 - 4 yrs. See above.

Time: 12:30 to 3:00 pm.

Registration: Begins Thurs., Sept. 6 at 7:00 pm

Fee: Residents \$ 775
Non-residents \$885

Site

Cola Center, 945 North Broadway inside the entrance to beautiful Untermyer Park

Teacher: Miss Tabitha

Children are expected to eat lunch prior to arriving.

This new afternoon program is separate from the morning program and requires a separate registration fee. Parents are welcome to register their children for both programs. Please note that the afternoon program does not include lunch.

Registration Advice:

On-Line Registration begins on Thursday, Sept. 6 at 7:00 pm. If you have not already done so, we recommend that you immediately create a family account on our Community Pass Registration Service, then be ready to register on Sept. 6 at 7:00 pm. Parents should have in mind a second site, in the event their first choice fills. Parents who choose to register in person at the Parks Dept. at 9:00 am starting on Sept. 7 and thereafter, run the risk that there is no space available.

Time with Me

Time with Me is for children 18-36 months, accompanied by a parent or guardian.

Classes meet on Thursday mornings.

See page 8 for details.

Youth Recreation / Music & Theatre

Acoustic Guitar

Instructor: Chris Santiago

Learn the basics from chords and simple strumming to melodies and reading music. Extra cash fee due at second class for instruction book. Maximum 10 students per class. Beginners Plus is for students who have taken this class or have other experience. They must be able to read music notes.

Age/Time: 10-12 Beginners 9:00 - 10:00 am
10-12 Beginner Plus 10:00 - 11:00 am

Dates: Saturdays, Starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

Advanced Youth & Teen Guitar

Instructor: Chris Santiago

This is not a class for beginners. No "tabs." Students must be able to read notes. Students will learn advanced guitar techniques addressing complex chord progressions, scales, rhythms, and advance in reading music notation. Skills will be developed for advanced acoustic and electric guitar technique. Bring your own acoustic or electric guitar. Maximum ten students. Extra cash fee at second class for instruction book. Note: Our Saturday students moving up to this Advanced Class may already have this book. Call 377-6440 (days) as soon as possible to find out.

Ages: 12-17

Time: 7:00 - 8:00 pm

Dates: Mondays, Starting September 24

Fee: \$85 for 10 classes Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3



Violin - **Now 2 Classes**

Chris Santiago

Beginners will learn the fundamentals of proper bowing, positioning, and note reading to play popular melodies.

The new Beginner Plus Class is for students who have already taken the Beginner class or have other experience. Beginner Plus students will continue learning tunes/techniques from Essential Elements.



Maximum 10 students in each class. Please note: All students must have a properly-sized instrument and Essential Elements 2000; Volume 1. (This is an instructional book that includes a CD. It is available at Sam Ash on Mamaroneck Ave. in White Plains and other major music retailers). Call 377-6440 (days) as soon as possible if you require additional information.

Ages: 7 - 12

Time: Beginners Plus 4:00 - 5:00 pm

Beginners 5:05 - 6:05 pm

Dates: Mondays. We start on September 24.

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3

Theatre

Instructor: Chris Arena

An introduction to the performing arts through use of improvisation and theatre games. Children learn to channel their creativity in a structured environment. Everyone will have a chance to shine.

Age/Time: 8 - 11yrs 9:00 - 10:00 am

12 - 17yrs 10:00 - 11:00 am

Dates: Saturdays, starting September 22.

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-Line Registration: See page 3



Youth Recreation / Dance & Voice

Hip Hop

Instructor: Elisa Bonneau

Beginners learn the latest moves in an energetic but disciplined environment. Requirements: Wear sneakers and loose clothing.

Age/Time: 10-12 yrs 12:00 - 1:00 pm

Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap & jazz mixed with a Broadway style. Great for children who enjoy dancing! Both classes are for students with and without experience. Requirements: Tap shoes.

Age/Time: 5-7 yrs 10:00 - 11:00 am

8-12 yrs 11:00 - 12:00 pm

Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. Girls wear any color leotard, footed tights and pink ballet slippers. No ballet skirt. Boys wear white t-shirt, boy's tights, and black ballet shoes. Everyone needs tap shoes.

Age: 5-7 with and without experience

Time: 9:00 - 10:00 am

Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S. 631 Tuckahoe Rd.

On-line Registration: See page 3

Voice for Beginners

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 5 - 8 yrs 9:00 - 9:55 am

9 - 12 yrs 10:00 - 10:55 am

Saturdays at Roosevelt H.S.

Wendy is not able to join us for the fall session. She will rejoin the program for the winter 2013 session that will start in mid-January.

Pre-Ballet for Pre-K

Ages: 3 - 5

See page 8 for complete information about this popular, weekday, late-afternoon program.



Voice for Intermediates

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience. Our instructor is a classically trained singer who also has experience in musical theatre. Maximum ten students in this class. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 8 - 17 yrs 11:00 - 11:55 am

Saturdays at Roosevelt H.S.

Wendy is not able to join us for the fall session. She will rejoin the program for the winter 2013 session that will start in mid-January.

Youth Recreation / Dance & Skateboarding

Zumbatomic® for Kids

Instructor: Angela Hultberg

This popular, high-energy, international dance-fitness class gives youngsters the opportunity to exercise and stay fit while having fun with rhythms from around the world. Give your kids the chance to excel with exercise for their body and their mind via coordination, memorization, counting skills, and physical fitness. Bring a water bottle.

Age/Time: 5 - 8 yrs 9:45 -10:30 am
Dates: 10 Saturdays, starting September 22
Fee: \$85. Non-residents: \$110.

Location: Montessori Academy (Mark Twain),
opposite 119 Woodlawn Ave.
On-line Registration: See page 3



Skateboarding

The Yonkers Skateboard Park is the newest, and perhaps the best in Westchester County. Designed by Grindline and built by industry leaders, it provides cement surfaces for new and experienced skaters. Conveniently located adjacent to the Murray Skating Center at 348 Tuckahoe Road. 2nd Nature skate shop and its instructors join Yonkers Parks & Recreation in offering these new programs.

Fall Saturday Skateboard Lessons: Youngsters 5-16 years of age will learn to skateboard in a safe, fun atmosphere. These lessons are mostly geared toward beginning skaters but also offer novice skaters the opportunity to improve their skills. Must bring your own skateboard. Helmets are mandatory and elbow and knee pads are strongly recommended. Learn proper stance, pushing, turning and ollieing (jumping). More advanced tricks such as kick flips will be taught if the skater has progressed enough. Maximum 14 students. If you need to purchase any gear or require more information, please visit www.2ntr.com or contact Jeremy Lugo at 914-265-0071 or Jeremy@2ntr.com.

6 Lessons: Saturdays, starting September 22

Time: 9:00 - 10:00 am

Fee: \$125, Non-residents: \$150 You must pre-register beforehand. No on-site registrations accepted.

[Click Here to Register](#)



Youth Recreation & Baby Sitting

Artistic Corner

Art 101

Instructor: Joanne Motto

Students will learn & become familiar with the basic elements of art: line, shape, color, value, texture, and form and will learn to appreciate art that is around them. We will also explore the work of famous artists. Best of all, this class will enhance a students artistic talent and creative expression. Supply fee of \$10 cash is required at first class.

Age/Time: 5-7 yrs 9:00 - 10:00 am
8-9 yrs 10:00 - 11:00 am
10-12 yrs 11:00 -12:00 pm

Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

Crafty Kids

New Instructor: Brenda J. Freman

Your child's creative talents explore the wonderful world of arts and crafts. Projects include sand art, seasonal themes, masks, book themes, cupcake decorating, and puppet-making. Age appropriate crafts could help students with future school projects. Requirements: Supply fee of \$10 cash is required at first class.

Age/Time: 10-12 yrs 9:00 - 10:00 am
7-9 yrs 10:00 - 11:00 am
5-6 yrs 11:00 -12:00 pm

Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3



Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5-12

Time: Beginner	9:00 - 10:00 am
Intermediate	10:00 - 11:00 am
Advanced	11:00 -12:00 pm



Dates: Saturdays, starting September 22

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

Baby Sitting Course

American Red Cross Certified Baby-Sitting Training

Instructor: Tabitha Alston

One Day Course

Age/Time: 11-15 yrs 9:00 - 4:30 pm

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and MUST pre-register for this course according to the schedule below. Each student must bring a baby doll.

Dates: One Day Course - Saturday

November 3; Must register by October 29

December 1; Must register by November 26

Registration Fee: \$37 for everyone

Additional Fee: \$27 for A.R.C supplies noted above.

(cash only, to instructor at class)

Location: Yonkers Parks Dept., 285 Nepperhan Ave.

On-line Registration: See page 3

Youth Recreation / Fun & Fitness

Karate 1 & 2

Instructor: Trent Perri

Self-defense movements for mental, physical & emotional control of the body and mind. Karate II is for children who have taken this class before (all ages). Requirements: Students should wear comfortable clothes and must wear sneakers. A \$10 cash fee at first class is required of Karate II students for yellow belt and belt certificate.



Level / Age / Time

Karate I	8 - 12 yrs	9:00 - 10:00 am
Karate I	5 - 7 yrs	10:00 - 11:00 am
Karate II	See above	11:00 - 12:00 pm

Dates: Saturdays, starting September 22.

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

Tennis

Instructor: Sidney Aird

Basic Instruction in forehand, serving, backhand, volleying, scoring, rules, and etiquette.

Requirements: Tennis racquet and sneakers.



Ages/Time: 5- 6 yrs 9:00 - 10:00 am

10-12 yrs 10:00 - 11:00 am

7- 9 yrs 11:00 - 12:00 pm

Dates: Saturdays, starting September 22.

Fee: \$85 for 10 classes. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

Baton & Cheerleading

Instructor: Margaret Gondolfo (formerly Iacopelli)

She's back! Margaret returns after a one year absence. Learn baton twirling and cheerleading movements. Baton II is for children who have taken this class 6 sessions (3 years) or more. Requirements: A \$40 cash fee at first class is required of new students for their baton, pom pom, medal, and certificate. A \$5 cash fee is required of returning students.

Beginners: 5-7 yrs 9 am - 10 am

Beginners: 8-12 yrs 10 am - 11 am

Baton II 8-12 yrs 11 am - 12 pm

Dates: Saturdays, starting September 22

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3



Teen Recreation

Theatre

Instructor: Chris Arena

The exploration of acting, leaning heavily on mime and physically presenting a character. Have fun and expand your creativity under the guidance of an experienced director. Wear dance or other loose clothing.

Age / Time: 12 -17 yrs 10:00 - 11:00 am

Dates: 10 Saturdays starting September 22

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3



NEW

Glee Club

Director: Zaina Kakish

Assistant Director: Sarah Hasso

Have you ever wanted to be part of a glee team and perform show-stopping numbers? You can discover what it takes to put together a great performance in just 10 weeks, just like the show GLEE. We will put on a spectacular performance for all to see! Students in our Glee club will develop their singing abilities and learn how to work on ensembles for either solo or small group numbers. We are looking for 15-20 experienced performers who have great stage presence, help develop their own interpretation of selected songs, and are able to command the stage with theater, dance and singing skills. Join our theatrical singing program today and feel GLEE tomorrow!

Ages 13-20

10 Saturdays, starting September 22

Time: 10:00 am -12:00 pm

Performance time to be determined

Fee: Residents \$115 Non-residents \$140

Location: Yonkers Montessori Academy (Mark Twain), Music Room # 240

Use the "Pool" entrance, opposite 119 Woodlawn Avenue

Teen Recreation

Acoustic Guitar

Instructor: Chris Santiago

Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students per class. Beginners Plus is for students who have taken this class or have other experience. They must be able to read notes. Extra fee for instruction book due at 2nd class.

Age: 13 - 15 yrs

Beginner 11:15 - 12:15 pm

Beginner Plus 12:15 - 1:15 pm

Dates: 10 Saturdays, starting September 22.

Fee: \$85 Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

Advanced Youth & Teen Guitar

Instructor: Chris Santiago

This is not a class for beginners. No "tabs." Students must be able to read notes. Students will learn advanced guitar techniques addressing complex chord progressions, scales, rhythms, and advance in reading music notation. Skills will be developed for advanced acoustic and electric guitar technique. Bring your own acoustic or electric guitar. Maximum ten students. Extra cash fee at second class for instruction book. Note: Our Saturday students moving up to this Advanced Class may already have this book. Call 377-6440 (days) as soon as possible to find out.

Ages: 12-17

Time: 7:00 - 8:00 pm

Dates: Mondays, Starting September 24

Fee: \$85 for 10 classes Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3

Voice for Beginners

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 13- 17 yrs 11:00 - 11:55 pm

Saturdays at Roosevelt H.S.

Wendy is not able to join us for the fall session. She will rejoin the program for the winter 2013 session that will start in mid-January.

Voice for Intermediates

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience. Our instructor is a classically trained singer who also has experience in musical theatre. Maximum ten students in this class. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 8-17 yrs 12:00 - 12:55 pm

Saturdays at Roosevelt H.S.

Wendy is not able to join us for the fall session. She will rejoin the program for the winter 2013 session that will start in mid-January.

Skateboarding

6 Lessons: Saturdays, starting September 22

Time: 9:00 - 10:00 am

Fee: \$125, Non-residents: \$150 You must pre-register beforehand. No on-site registrations accepted.

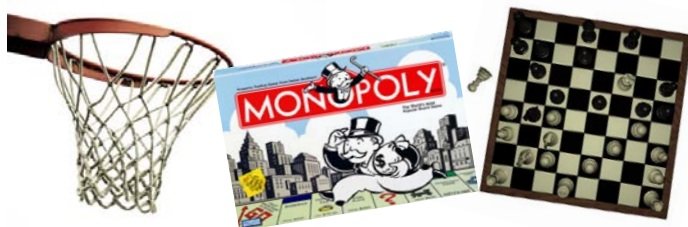
[Click Here to Register](#)

See page 12 for complete details.



Teen Recreation

Teen Centers



A free drop-in recreation program for Yonkers residents between the ages of 13-17.

Participants have the opportunity to take part in basketball and board games while socializing in a safe, well staffed environment.

Ages: 13-17

Monday, Nov. 28 2011 through Friday, March 30, 2012.

Week Nights: 6:30 pm - 9:30 pm

Saturdays: 3:00 pm - 8:00 pm

Mondays

Dodson School, 105 Avondale Road

Martin Luther King School, 135 Locust Hill Ave.

Tuesdays

School 13, 195 Mclean Ave.

Wednesday

School 25, 579 Warburton Ave.

Thursdays

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

Fridays

School 13, 195 Mclean Ave. * Cross Hill Academy,
160 Bolmer Ave. (*formerly Emerson Middle School)

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

Martin Luther King School, 135 Locust Hill Ave.

Saturdays

School 13, 195 McLean Ave.

School 25, 579 Warburton Ave

Dodson School, 105 Avondale Road

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

Martin Luther King School, 135 Locust Hill Ave.

Baby Sitting Course

American Red Cross Certified Baby-Sitting Training

Instructor: Tabitha Alston

One Day Course

Age/Time: 11-15 yrs 9:00 - 4:30 pm

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and MUST pre-register for this course according to the schedule below. Each student must bring a baby doll.

Dates: One Day Course - Saturday

November 3; Must register by October 29

December 1; Must register by November 26

Registration Fee: \$37 for everyone

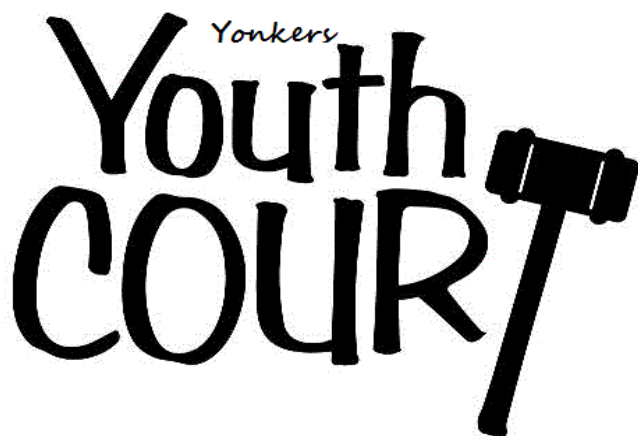
Additional Fee: \$27 for A.R.C supplies noted above.
(cash only, to instructor at class)

Location: Yonkers Parks Dept., 285 Nepperhan Ave.

On-line Registration: See page 3



Teen Youth Court



JUSTICE FOR YOUTH,
BY YOUTH

DO YOU WANT TO BE A :

Judge?

Defense Attorney?

Prosecutor?

Court Clerk?

YOU WILL:

Learn the Juvenile Justice System!

Meet new people!

Help give your peers a second chance!

Give back to your community!

Practice for a career in law on with real cases!

VOLUNTEER REQUIREMENTS

- Must be a Yonkers resident.
- Must be between the ages of 12 and 18.
- Must be available on Tuesday evenings.
 - Must uphold the confidentiality of all proceedings.

The City of Yonkers Youth Court operates under the approval of the Mayor, Bureau of Youth Services, Department of Parks, Recreation and Conservation, Family Court, Yonkers City Court and the Yonkers Police Department.

FOR MORE INFORMATION ON THIS PROGRAM CONTACT:

JANET FEDOR
YONKERS YOUTH COURT
104 SOUTH BROADWAY
YONKERS, NEW YORK 10701
PHONE 914-377-6818

OR

EMAIL - JANET.FEDOR@YONKERSNY.GOV
Visit: www.cityofyonkers.gov/youthservices

Adult Recreation / Zumba®

Morning Zumba Fitness®

Instructor: Angela Hultberg
Enjoy an exhilarating hour of calorie-burning, core-strengthening movements set to Latin and international rhythms. Easy-to-follow steps to music that makes you smile. It's so much fun that you will forget you're working out. It's exercise in disguise! Wear work out clothes and sneakers. Bring water and a towel. Wednesday and Saturday classes are at different locations and also have separate registration fees. Fee: \$95 for 10 classes Non-residents: \$120

Wednesdays: Starting September 19
9:30 - 10:30 am on Wednesdays
Nodine Hill Center, 140 Fillmore Street
On-line Registration: See page 3

Saturdays: Starting September 22
10:45 - 11:45 am
Montessori Academy (Mark Twain) auditorium,
opposite 119 Woodlawn Avenue
On-line Registration: See page 3

Zumba Toning®

Instructor: Angela Hultberg
This new class takes the original Zumba® dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight Toning Sticks (1.5 lbs by Zumba Fitness®) or dumbbells. Specially produced music with combined Latin and International rhythms adds to the fun and flavor! Bring water and a towel. Bring your own Zumba Toning Sticks or order sticks from Angela for this unique, challenging, effective fat-burning and body-shaping cardio experience. Angela will call each student before the first class to learn which students would like to purchase Toning Sticks. The cost of these specially designed sticks will be approx \$21 (Cash payment due upon receiving sticks).

Time: 6:00 - 7:00 pm
Dates: Mondays, starting September 24
Fee: \$95 for 10 classes. Non-residents: \$120
Location: Nodine Hill Center, 140 Fillmore Street
On-line Registration: See page 3



Zumba Fitness®

Instructor: Angela Hultberg
Join in the party-like atmosphere in a fusion of Latin and international music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart and burn fat. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel, and ZUMBA toning sticks, if available.

Time: 7:15 - 8:15 pm
Dates: Mondays, starting September 24
Fee: \$95 for 10 classes. Non-residents: \$120
Location: Nodine Hill Center, 140 Fillmore Street
On-line Registration: See page 3

Children also like Zumba®
See Zumbatomic for Kids®
on page 12

Adult Recreation with a touch of Zumba®

Slimnastics with a touch of Zumba®

Instructor: Lydia Otero

Exercise every part of your body, including the problem spots. Slowly and gradually work up to your fullest potential. Rubber bands provided for weight resistance. Requirements: Bring a mat or towel and 2-5 lb weights. Monday and Saturday classes have separate registration fees.

Time: Mondays 6:45 - 8:15 pm or / and
Saturdays 9:30 - 10:30 am

Dates: 10 classes

Saturdays, starting on September 22

Mondays, starting on September 24

Fee: \$95. Non-residents: \$120

Location: Cola Center, 945 North Broadway,
immediately inside the entrance to Untermyer Park

On-line Registration: See page 3



Slimmersize with a touch of Zumba®

Instructor: Lydia Otero

Slimnastics with a twist. More cardiovascular movement and all your traditional exercises - squats, lunges, sit-ups, etc. A progressive class that gradually increases. Resistance bands will be provided. Requirements: Bring a mat or towel and 2-5 lb weights.

Day & Time: Starting September 20

Thursdays, 6:30 - 7:30 pm

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Coyne Park Center, 777 McLean Ave.

On-line Registration: See page 3

Dance Exercise with a touch of Zumba®

Instructor: Diane Capurso

Dance to the beat and feel the "heat"! This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this Cardio dance combo is the Latin/International rhythms and dance steps of Zumba, (chacha, salsa, samba, swing, merengue, mambo and more). Steps are easy to follow and you can set your own pace. Each class ends with a short cool down (stretch time). Come join in the fitness fun! Requirements: mat or towel and 1-5 lb. weights.

Time: 7:15 - 8:35 pm

Dates: Wednesdays, starting September 19

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Cola Center, 945 North Broadway

Dance Exercise with a touch of Zumba® Toning

Instructor: Diane Capurso

Dance and exercise at the same time! This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. And with a touch of Zumba Toning you'll have a blast working your muscles while your body hustles! Come join us for a heart pumping and hip bumping good time. Bring 1-5 lb weight or toning sticks.

Time: 5:45 - 7:00 pm

Dates: Wednesdays, starting September 19

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Cola Center, 945 North Broadway

Morning W.O.N.D.E.R. with a touch of Zumba® Gold

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music, and with a touch of Zumba Gold, you'll have a blast while feeling fit fast! Come join us... we are an exercise party to wake up for. Bring a volleyball-size ball, and optional 1-5 lb weights.

Time: 9:15 - 10:15 am

Dates: Now 12 classes. Fridays, starting September 21

Fee: \$95. Non-Residents: \$120

Location: Cola Center, 945 North Broadway,
immediately inside entrance to Untermyer Park

On-line Registration: See page 3

Adult Recreation / Dance

Ballroom & Latin Dance

Instructor: Evangelina Rivera

Learn how to "Dance Like the Stars!" A fun, introductory course that will teach you the basics of the Tango, Waltz, Swing, Cha-Cha, Merengue, and Hustle! No partner necessary. Requirements: Wear comfortable attire and shoes with smooth soles.

Time: 8:30 - 9:30 pm

Dates: 10 classes, Mondays

We start on September 24.

Fee: \$95. Non-residents: \$120

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3



Salsa

Instructor: Angelina Rivera

The hottest social dance, Salsa "on 2" NY Style. This course focuses on timing, footwork, partnering, and doing those turns the "right" way in a fun, supportive environment. No partner necessary. Requirements: Loose clothing and dance sneakers or comfortable shoes with smooth soles.

Dates: 10 classes, Mondays

We start on September 24.

Intermediate 6:30 - 7:30 pm

Beginner 7:30 - 8:30 pm

Fee: \$95. Non-residents: \$120

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

Belly Dance

Instructor: Sadari Neville

This class is multi-level and multi-dimensional. There is something for everyone... for beginners and for people with belly dance experience. A short choreography will be covered: Beginners will learn the basic version and those with more experience will add some layers to it. Belly Dance inspires mystery and puts women in direct contact with their forgotten feminine selves, fosters empowerment, improves cardiovascular health, and strengthens and tones the body. All ages (min 18) welcome. Veils (126") will be used and can be purchased from Sadari at the first class for \$35. She will also have veils that can be loaned to several students, if necessary.

Time: 7:15 - 8:15 pm

Dates: 10 classes, Thursdays, starting September 20

Fee: \$95. Non-residents: \$120

Location: Cola Center, 945 North Broadway, immediately inside entrance to Untermyer Park

On-line Registration: See page 3



Belly Dance: You've Got Props **NEW**

Instructor: Sadari Neville

This class is a multi-level and multi-dimensional experience. There is something for everyone... for beginners and those with belly dance experience. Beginners will learn the basics of working with veils and zills, while more advanced students will learn to add layers to their dance. The class will focus on technique with using props, and choreography will be covered. Please see Sadari at the first class to order veil and/or zills. All ages and fitness levels are welcome.

Please inform her of any injuries that you may be working with. Think of this class as a performance prep, but performance is not mandatory.

Time: 7:15 - 8:15 pm

Dates: 10 classes, Tuesdays, starting September 18.

Fee: \$95 Non-residents: \$120

Location: Cola Center, 945 North Broadway

Adult Recreation / Fitness

Pilates

Instructor: Ruby Jin

Traditional Pilates techniques recreated in simple and fun ways. This workout helps to strengthen core muscles, sculpt the body, increase flexibility, reduce stress, and improve energy levels using controlled movements. Bring an exercise mat. Beginner and intermediate students are welcome.

Day / Time:

Wednesdays 7:00 - 8:00 pm

10 classes starting September 19

Fee: \$95 Non-Residents: \$120

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3

Fusion

Instructor: Sadari Neville

This workout blends elements of Pilates, traditional core strengthening, dance, and yoga. Fusion works the body from the inside out, and is a result oriented class, that helps participants gain muscle tone, flexibility, and core strength and stability. This class is suitable for all fitness levels. Participants should inform the instructor of any injuries or limitations. Participants should wear comfortable exercise clothes and sneakers and bring a yoga mat.

Time: 6:00 - 7:00 pm

Dates: Thursdays, starting September 20

Fee: \$95 for 10 classes, Non-Residents \$120

Location: Cola Center, 945 North Broadway immediately inside entrance to Untermyer Park

On-line Registration: See page 3



Adult Recreation / Yoga

Multi Level Yoga **NEW**

Instructor: Violaine Herlitz

Release tension in body and mind and lift your spirits! This traditional yoga practices uses breathing techniques and postural flows including Sun salutation, back bends, twists, forward bends and mild inversions to work on balancing all physiological systems and promote healing in the body and mind. Options and modifications are given to students to adapt the practice to their particular needs or condition and emphasize proper self care. Meditation and deep relaxation complete each session to leave you grounded and rejuvenated. Violaine offers a caring and supportive environment and welcomes all students! She has studied yoga for fifteen years, has been teaching for more than three years, and also has restorative and prenatal yoga training. Requirement: Bring a yoga mat. Each class is 1 hour and 15 minutes.

Time: 6:30 pm - 7:45pm

Dates: Wednesdays, starting September 19

Fee: \$95 for 10 classes. Non-Residents: \$120

Location: Coyne Park Center, 777 McLean Avenue

On-line Registration: See page 3



Light(.22 Caliber) Rifle Shooting for Women

see page 44

Adult Recreation / Fitness

Boot Camp Fitness

Instructor: Marcus Hodge

Are you FINALLY ready to tone, firm, strengthen and get rid of that pesky fat and lose a few extra pounds...

A great workout as well as important nutritional tips to help maintain a healthier diet. See amazing results and see how much more energy you'll have throughout the day. Class is recommended to anyone who is serious about getting in shape and leading a healthier lifestyle. To check out testimonials and before and after pictures, be sure to visit <http://mthfitness.com/testimonials.html>

What to Expect?

- A fun and challenging Workout
- Faster Metabolism to Burn MORE fat at rest
- Reduce your midsection by 1-3 inches
- Increased Muscle Tone and Flexibility
- Look and Feel Younger with more energy
- Look and Feel Better in your favorite clothes
- Reduce your cravings for fats, sugars and junk food

What to Bring?

- Water
- Exercise Mat
- A Pair of Dumbbells
(you should be able to lift the weight comfortably for 10 - 15 repetitions)
- A Towel (optional)
- Tons of ENERGY!



Location: Nodine Hill Center, 140 Fillmore Street

Note: Morning and evening classes each have "Fall" and "Late Fall" sessions (see below). Morning and evening classes have separate registration fees.

Morning Class Time

Tuesday and Thursday
9:15 am - 10:00 am

Evening Class Time

Tuesday and Thursday
7:15 - 8:00 pm OR 8:05 - 8:50 pm

"Fall" Session - 12 classes, starting September 18
Fee: \$114 for 12 classes. Non-residents \$139

"Late Fall" Session - 10 classes, starting November 8
Fee: \$95 for 10 classes. Non-residents \$120

On-line Registration: See page 3

Total Body Fitness

Instructor: Sylvia Ward

Sylvia is back! Are you tired of walking into the gym and wondering which machines to use? Getting too used to automatically just heading for that treadmill? Need motivation??

This class will help you sculpt and tone through total body exercise. Look and feel great with noticable weight loss and strength gains. Increase your range of motion with tried and tested flexibility drills. Have lots of fun and meet new people!!

This class offers a unique and fun way to get in shape.

- Feel stronger
- Lose Weight and fit back into those smaller size jeans
- Have increased energy levels
- Increase metabolism and burn more calories at rest!
- Feel happier (did you know exercise can release chemicals in the body associated with feeling happy?)
- Have increased muscle tone and flexibility

Things to bring along

- Water
- Exercise mat
- A towel (recommended)
- Energy and enthusiasm!! (It is recommended that you eat something about an hour before this class for energy)

12 Classes

- Monday and Wednesday 7:00 - 7:45 pm
- We start on September 24

Fee: \$114 for 12 classes, Non-residents \$139

Location: Yonkers Montessori Academy (Mark Twain)
opposite 119 Woodlawn Avenue

On-line registration: See page 3

Adult Recreation / Sports



Tennis

Instructor: Sidney Aird

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes.

Requirements: Wear sneakers and bring your racquet.

Level / Time: Beginner 7:15 - 8:30 pm
Intermediate 8:30 - 9:45 pm

Dates: Wednesdays, starting September 19

Fee: \$95 for 10 classes. Non-Residents: \$120

Location: Cross Hill Academy, gymnasium
formally known as Emerson Middle School,
Use rear entrance driveway,
off western end of Odell Avenue

On-line Registration: See page 3

Adult Open Gym Basketball

November 28, 2011 through March 29, 2012

The Yonkers Department of Parks, Registration & Conservation, offers a drop in open gym basketball program for Yonkers residents 18 years of age and older every Monday at Montessori Academy located at 160 Woodlawn Avenue. Call 377-6443 for further details.

Adult Non-Competitive Basketball League

November 29, 2011 through March 28, 2011

Teams consisting of Yonkers residents can play organized games in one of two leagues offered at Yonkers High School on Tuesday or Gorton High School on Wednesday. There are no awards in this league as all teams play for enjoyment and exercise aspects only. Games are played at 7:00 pm & 8:15 pm. A nominal fee is required for each team. For further information or to request a roster and rules, please call 377-6443.

Adult Recreation / Music

Acoustic Guitar

Instructor: Chris Santiago

An introduction to acoustic guitar for beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Time: 8:05 - 9:05 pm

Dates: Mondays

We start on September 24

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Roosevelt H.S. music room,
631 Tuckahoe Rd

On-line Registration: See page 3



Voice

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Time: 7:00 - 8:00 pm

Dates: Thursdays at Roosevelt H.S.

Wendy is not able to join us for the fall session. She will rejoin the program for the winter 2013 session that will start in mid-January.

Dog Obedience

Dog Obedience - Beginning

Instructor: Loren Manzell

This results-oriented class covers commands such as: heel, let's go, sit, down, stay, come, dog's name, praise, and more. Owners are responsible for cleaning up after their dogs. Program is for dogs 4 months and older. Requirements: Please bring to the first class: copies of up-to-date health records, plastic bags for clean up, leash, collar, doggy treats, and don't forget your dog! Please note that each six-week session has a separate registration fee.

Age / Time: 14 through Adults 6:45 - 7:45 pm
Session 1 dates: Six Tuesdays, starting September 11
Session 2 dates: Six Tuesdays, starting November 13

Online Registration: Begins September 6 at 7:00 pm
Fee: \$150, Non-Residents: \$200
Location: Bronx River Road Center, 680 Bronx River Road,
opposite Reyer Avenue



Dog Obedience - Advanced

Instructor: Loren Manzell

An exceptional, results-oriented obedience training program that also gives your dog a great physical workout. Make it a family affair by adding another family member (minimum 10 years of age and living in the same dwelling) with you and your dog. Program consists of one safety evaluation meeting (mandatory) followed by six intense obedience classes where you walk yourself to fitness. A ten minute break is provided for watering you and your dog. Requirements: Prior obedience experience and copies of up-to-date health records for all dogs. Also: Call Loren on 963-7190 NOW to participate in Safety Evaluation Meeting. Students registering for Session 2 should call Loren prior to November 3.

Age : A class for adults who can be joined by younger family members. See below.
Time: 8:00 - 8:45 pm
Session 1 dates: Six Tuesdays, starting September 11
Session 2 dates: Six Tuesdays starting November 13
Online Registration: Begins September 6 at 7:00 pm
Fee: \$150, Non-Residents: \$200
Location: Bronx River Road Center, 680 Bronx River Road

Above fees for Advanced Obedience Class are for 1 dog and 1 handler. Add \$10 for each additional family member (minimum 10 years of age and living in the same dwelling as dog). Add \$10 for each additional dog. Pre-registration is required. No walk-ins.

Senior Citizen Recreation

Retired? Tired of being home? Come out to our Senior Centers! Make friends, socialize and have a great time all year round. Senior Center members enjoy luncheons, trips, card playing, bingo, parties, billiards and much more.

There are 3 Components to the Senior Recreation Program:

Senior Centers

Specialist Programs

Seasonal Events

- The Yonkers **Senior Centers** are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 years & older. Each Senior Center is completely different. When visiting a senior center ask to see the leader. The leader will show you around and introduce you to other members. They can go into detail on the different senior center activities.
- The **Specialist Programs** are free recreation classes including fitness and artistic classes. Most Classes run for 10 weeks in the Fall, starting in October and 15 weeks in the Winter/ Spring months starting in February. This program is open to residents sixty years of age and older. Registration is not required. Simply drop in and take a class. Computer Courses and the Arts & Crafts program does require phone registration.
- The Parks Department hosts Free **Seasonal Events** throughout the year to bring all the Senior Centers together. This is also a great way to meet new friends throughout the city. Some of our seasonal events include: Senior Halloween Hop, Senior Spring Dance, Senior Picnic, and Senior Golden Olympics.

For more info. on our senior programs, classes and events call Sandy Korkatzis, Recreation Supervisor, Monday through Friday from 9 am- 4 pm at 377-6444.

Senior Citizen Recreation Centers

SENIOR GROUP #2

Grinton I. Will Library

Senator Flynn Room
1500 Central Pk. Ave.
Phone: 337-1500 press 1 then 348
Monday-Friday 12:30 - 4:30 pm
This site is in a small room which allows for a coffee hour, card playing and bingo.

SENIOR GROUP # 3

Coyne Park Community Center

777 Mclean Ave.
Phone: 377-6472
Monday-Friday 12:00 - 4:00 pm
This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program and a coffee hour. This center does have a trip committee as well as many parties.

SENIOR GROUP #4

Charles Cola Community Center

945 No. Broadway
Phone: 377-6483
Mon., Wed., & Fri.,
12:30 - 4:30 pm
This site offers arts and crafts, bridge, card playing, drawing, woodcarving and many parties.

SENIOR GROUP #5

Rauso Post

178 Waverly St.
Phone: 377-6474
Tuesdays 11:00 am - 3:00 pm
This site has bingo and card playing as well as many inhouse parties.

SENIOR GROUP #6

Bryn Mawr Church Hall

20 Buckingham Rd.
Phone: 377-6478
Mon. 12:30 - 4:30 pm
Wed. 12:00 - 4:30 pm
This site has bingo and card playing, yoga and many inhouse parties.

SENIOR GROUP #7

St. Mark's Church Hall

1373 Nepperhan Ave.
Phone: 377-6479
Tuesday & Friday
11:30 am - 4:30 pm
This site has bingo, card playing, watercolor painting classes and many inhouse parties.

SENIOR GROUP #8

Runyon Community House

21 Runyon Ave.
Phone: 969-2733
Wednesdays 10:30 am - 4:30 pm
This site plays cards, tripoly, yoga and great parties.

SENIOR GROUP # 9

Terrace City Lodge #1499

95 North Broadway
Phone: 969-9752
Wednesdays 11 am to 3 pm
This site has bingo and lunch.

SENIOR GROUP #10

Bronx River Rd Community Center

680 Bronx River Rd.
Phone: 377-6486
Monday-Friday 10 am - 3 pm
This site offers bingo, card playing, arts and crafts and parties.

SENIOR GROUP #12

Nodine Community Center

140 Fillmore St.
Phone: 377-6475
Monday through Friday
12:00 - 4:00 pm
This is a multi-room site which allows for many different activities: billiards, bingo, card playing, exercise, yoga, line dancing, bocce, computer classes and a coffee hour.

SENIOR GROUP #13

St. Casimir Apts. Community Room

289 Nepperhan Ave.
Phone: 377-6485
Monday 10:00 am - 2:00 pm
This site has bingo and exercise.

SENIOR GROUP #14

North East Jewish Center Hall

11 Salisbury Rd.
Phone: 377-6491
Tuesday & Thursday
12:30 - 4:30 pm
This site plays majhon and has great monthly meetings. They also enjoy going to luncheons.

SENIOR GROUP #15

Nepperhan Community Center

342 Warburton Ave.
Phone: 965-0203
Tues. & Thurs. 12:30 - 4:30 pm
This site plays pokeno and tripoly, has exercise and crafts.
* Lunch program through Office for the Aging 377-6822

SENIOR GROUP #16

Our Lady of Fatima Church Hall

963 Scarsdale Rd. 377-6492
Mon. & Tues. 12:00 - 4:00 pm
This site is in a small room which allows for a coffee hour, card playing and bingo.

Senior Citizen Recreation

Lets Get Fit!

Free Senior Citizen Fitness Classes

2012 Fall Schedule

These free classes are available for Yonkers residents 60 years of age and older. Registration is not required. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9:00 am to 4:00 pm at 377-6444.

Class Cancellations: Classes are not held on Federal Holidays. In case of inclement weather call hotline number at 377-6454. Our departmental message on the hotline will only be re-recorded an hour prior to the scheduled class time and only if its announcing a cancelation.

MONDAYS

Chair Exercise

9:30 - 10:30 am

St. Casimir / Center 13
289 Nepperhan Ave.
Fall classes start 10/1
All Year Round

Yoga (in a chair)

10:30 - 11:30 am

BrynMawr / Center 6
20 Buckingham Rd.
Fall classes start 10/1



TUESDAYS

Exercise

1:00 - 2:00 pm

Nepperhan / Center 15
342 Warburton Ave
Fall classes start 10/2

WEDNESDAYS

Exercise

10:30 am - 11:30 pm

Bronx River Rd. C.C.
Center 10
680 Bronx River Road
Fall classes start 10/1

Yoga

10:30 am - 11:30 pm

Runyon / Center 8
21 Runyon Ave.
Fall classes start 10/3

Tai Chi

11:40 am - 12:40 pm

Nodine Hill / Center 12
140 Fillmore St.
Fall classes start 10/3

Exercise

12:30 - 1:30 pm

Coyne Park / Center 3
777 Mclean Ave.
Fall classes start 10/5

THURSDAYS

Yoga

(In the chair)

10:00 - 11:00 am

Coyne Park / Center 3
777 Mclean Ave
All year round

Yoga

(combo class)

In Chair & On Floor

1:00 - 2:15 pm

Nodine Hill / Center 12
140 Fillmore St.
Fall classes start 10/4

FRIDAYS

Chair Exercise

12:30 - 1:30 pm

Coyne Park / Center 3
777 Mclean Ave.
Fall classes start 10/5

Arthritis Exercise

1:00 - 2:00 pm

Scotti / Center 10
680 Bronx River Rd
Fall classes start 10/5

See separate flyers for these other programs:

Artist in You - Sketching & Drawing

Water Color Painting

Let's Dance - Line Dancing

Belly Dance and Zumba

Outdoor Recreation - Silver Stars Walking Program

Creative Minds - Arts & Crafts Workshops

Inter-generational - Senior Buddy Program

Senior Computer Classes, AARP Driving Courses,

Bingo Locations, Bowling Leagues, Sing Along,

Woodcarving, Events Volunteer Team

Senior Citizen Recreation / Bingo Locations

BINGO

Bingo is open to Yonkers Residents sixty years of age and older.

* Sites with a star may play at an alternate time the first week of the month due to senior center monthly meetings.



Monday

- * Senior Center 16, Our Lady of Fatima Church Hall, 963 Scarsdale Road 12:00 pm 377-6492
- * Senior Center 10, James P. Scotti Center, 680 Bronx River Road 12:00 pm 377-6486
- * Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 pm 377-6472
- * Senior Center 2, Will Library Senator Flynn Room, 1500 Central Pk Ave. 12:15 pm 337-1500
- Senior Center 13, St. Casimir Apts, 289 Nepperhan Ave. 1:00 pm (2nd & 4th Mons) 377-6485

Tuesday

- * Senior Center 7, St. Mark's Episcopal Church Hall, 1373 Nepperhan Avenue 1:00 pm 377-6479
- * Senior Center 5, Rauso Post, 92 Waverly Street 377-6474

Wednesday

- * Senior Center 9, Terrace City Lodge #1499, 95 North Broadway 11:00 am 969-9752
- Senior Center 12, Nodine Center, 140 Fillmore Street - 12:00 pm Hotdogs, 1:00 pm Bingo 377-6475
- Senior Center 6, BrynMawr Church Hall, 20 Buckingham Road 12:00 pm 377-6478

Thursday

Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 pm 377-6472
[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

Friday

Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Ave. 12:15 pm
To call this senior center dial 337-1500 press #1 then extension 348.

Senior Citizen Recreation

"Artist In You" Classes

Free classes for Yonkers residents 60 years of age and older. No registration is required; Most Fall classes will run for 10 classes. Most Spring Classes run for 15 classes. In case of inclement weather call hotline number at 377-6454. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9 am to 4 pm at 377-6444. Classes are not held on Federal Holidays.

2012 Fall Classes

Drawing & Sketching Class

Instructor: Michael Cuomo

This class will cover portraits, still life and abstract illustration. The focus is drawing techniques & methods. Each class will include exercises, demonstrations and personal guidance to help students understand the fundamental laws of drawing. A few supplies will be needed. A drawing pad will be needed. The instructor will provide the rest.

Watercolor Painting

Instructor: Jean Liggio

Beginner and advance students alike will profit from this technique of water color painting. Students will be guided through each phase of creating a finished work of artwork. Subjects will include florals, still lifes and landscapes. Supply list is on the back of this flyer.



Water Color Painting

Tuesdays Noon to 2 pm

Nodine Hill Community Center

Senior Center 12, 140 Fillmore St.

Fall classes: Oct. 2, Oct. 9, Oct. 16, Oct. 23,

(No classes on Oct. 30 & Nov. 6)

Nov. 13, Nov. 20, Nov. 27,

Dec. 4, Dec. 11, Dec. 18

Sketching & Drawing

Wednesdays 1:00 - 3:00 pm

Charles Cola Community Center

Senior Center 4, 945 North Broadway

Fall classes: Oct. 3, Oct. 10, Oct. 17,

Oct. 24, Oct. 31, Nov. 7, Nov. 14,

Nov. 21, Nov. 28, Dec. 5

Sketching & Drawing

Thursdays 11:00 am - 1:00 pm

Nodine Hill Community Center

Senior Center 12, 140 Fillmore St.

Fall classes: Oct. 4, Oct. 11, Oct. 18,

Oct. 25, Nov. 1, Nov. 8, Nov. 15,

(No class Nov. 22) Nov. 29, Dec. 6, Dec. 13

Water Color Painting

Fridays Noon - 2 pm

St. Marks Episcopal Church Hall

Senior Center 7, 1373 Nepperhan Avenue

Fall classes: Oct. 5, Oct. 12, Oct. 19,

Oct. 26, Nov. 2, Nov. 9, Nov. 16,

(No class Nov. 23) Nov. 30, Dec. 7, Dec. 14

Senior Citizen Recreation

Lets Dance!

Free Senior Citizen Dance Classes

2012 Fall Classes

Free classes for Yonkers residents 60 years of age and older. No registration is required; Fall & Spring programs will run for 10 classes each session. In case of inclement weather call hotline number at 377-6454. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9 am to 4 pm at 377-6444. Classes are not held on Federal Holidays.



Line Dancing

Beginner / Intermediate

Wednesdays 2:15 -3:30 pm

Senior Center 3

Coyne Park Community Center,

777 Mclean Avenue

Fall classes: Oct. 3, Oct. 10, Oct. 17, Oct. 24, Oct. 31,

Nov. 7, Nov. 14, Nov. 21, Nov. 28, Dec. 5

Line Dancing

Intermediate /Advanced

Fridays 12:45 - 2 pm

Senior Center 12

Nodine Hill Community Center,

140 Fillmore Street

Fall classes: Oct. 5, Oct. 12, Oct. 19, Oct. 26,

Nov. 2, Nov. 9, Nov. 16, (No class Nov. 23)

Nov. 30, Dec. 7, Dec.14



Senior Citizen Recreation

Silver Stars Walking Program

SENIOR CITIZEN OUTDOOR RECREATION

A free program for Yonkers residents 60 years of age and older. Meet up with us to exercise and walk at your own pace. Learn some simple stretches and explore the beauty of walking outdoors. Don't miss the fun - join anytime!



Fall Session starts on Monday, Oct. 1, 2012

Day & Time

Mondays 11:00 am - 12:00 pm

Location

Tibbett's Brook Park, Midland Avenue
Meet in Side Gazebo (left of the bathhouse).

Parking: Free parking is available in the lot.
Westchester County Park Pass is not needed.

LOOKS LIKE RAIN?

Always call the **hotline number** 377-6454 at 10:30 am to see if the walk is cancelled.

If the walk is not cancelled the recording will continue to announce the Yonkers Parks, Recreation and Conservation's office location and normal business hours.



2012 Fall Program

Fall walking dates:

Oct. 1, (no walk - Oct. 8) Oct. 15, Oct. 22, Oct. 29,
Nov. 5, Nov. 12, Nov. 19, Nov. 26,
(Dec. 3 tentative)

For more information on the Silver Stars Walking Program and other senior programs call
Recreation Supervisor, Sandy Korkatzis weekdays from 9:00 am - 4:00 pm at 377-6444.

Senior Citizen Recreation

Wood Carving *Group*

Do you enjoy wood carving or would like to take up this rewarding hobby?

Charles Cola Community Center
945 North Broadway

Untermeyer Park Entrance

Tuesdays at 11:00 am

You will need to provide your own supplies.

For more information call Recreation Supervisor, Sandy Korkatzis at 377-6444.



Fall 2012 Aquatics

The [online registration date](#) for the AQUATICS programs is [Tuesday, September 11, 2012 at 7pm](#).

Water Testing will be conducted on the day prior to on-line registration at the Mark Twain Pool between the hours of 6 - 8pm. If your child has not been in our program, you MUST bring them to Water Testing for correct placement in our level classes.

Water testing is NOT required for Parent & Tot, Water Sprites, or Adult Classes. Please read each program description to find program locations, dates and times. For more information call 377-6439/6450.

PLEASE SEE CLASS DESCRIPTIONS FOR START DATES.

Water Sprites

Age: 3-4 yrs

Little swimmers work on basic skills independently: blowing, floating, arm / leg coordination and safety skills.

Yonkers Avenue Pool, 48 Yonkers Avenue

Dates / Time: 8 Fridays starting September 21
Friday 3:30 - 4:00 pm OR
Friday 4:00 - 4:30 pm
8 Saturdays starting September 22
Saturday 9:15 - 9:45 am or 9:45 - 10:15 am

Fee: \$99

On-line Registration: [See page 3 - Aquatics registration](#)

Parent & Tot

6mo-2.5yrs 6:15 pm - 6:45 pm

2yrs-4yrs 6:45 pm - 7:15 pm

Parent and tot swim classes are designed to give parents and their child a chance to spend quality time in the pool with guidance from a swim instructor. Children develop the basic skills of swimming and gain confidence in the water by learning to put their face underwater, blowing bubbles, kicking, and jumping in the water. Kick boards and noodles are used by the instructors as learning tools. Children must be accompanied by an adult.

Dates / Time: 8 Fridays starting September 21

Fee: \$99

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Adult Learn to Swim

Adult beginners will learn basic swimming skills & water safety. Intermediate swimmers expand their techniques.

Dates / Time: 8 weeks starting as follows:

Monday	Advanced	8 - 8:45 pm	Sept. 24
Tuesday	Beginner	8 - 8:45 pm	Oct. 2
Weds.	Intermediate	8 - 8:45 pm	Sept. 19

Fee: \$109

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Cardio Aqua Fit

An energizing exercise program designed for body toning and cardio-vascular fitness. Be prepared to work out!

Dates: 8 Mondays Starting September 24

Time: 8:00 - 8:45 pm

Fee: \$109

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Deep H2O Aquacise

Adults enjoy exercise in deep water with emphasis on lower body. Aqua belt provided or bring your own. You must be comfortable in water over your head.

Dates / Time: 8 Thursdays starting September 20
8:00 - 8:45 pm

Fee: \$109

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Low Impact Aquacize

Low Impact aquacize.

Dates / Time: 8 Saturdays starting September 15
10:00 - 11:00 am

Fee: \$109 / Senior Discount \$75

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Teen Learn to Swim

Young adults learn basic swimming and water safety skills.

Age / Time: 12-17yrs 10:15 - 11:00 am

Dates: 8 Saturdays starting September 15

Fee: \$109

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: [See page 3 - Aquatics registration](#)

Fall 2012 Aquatics

American Red Cross

Water Safety Instructor Course

Comprehensive certification training: Learn to teach all swim levels. Requirements: Pre-requisite swim skills test required. Participants must attend all classes and be at least 16 years of age upon completion.

Dates / Time: TBA

Registration Date: TBA

Fee: \$400

On-line Registration:

See page 3 - Aquatics registration



Recreation Open Swim

Open recreation swim. Requirements:

All parents must accompany children in water.

Dates / Time: 8 Fridays starting September 21
7:45 - 9:30 pm

Fee: \$65 per Adult \$45 per child

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration

Evening Lap Swim

Leisure swim at your own pace. Must circle swim if more than 2 persons are in a lane.

Dates / Time: 8 weeks Starting week of September 19
Monday & Wednesday 8:00 - 9:00 pm
Tuesday & Thursday 8:45 - 9:45 pm
Friday 8:00 - 9:30 pm

Fee: \$108

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration

Water Polo **NEW**

An opportunity to play water polo in Yonkers. Open scrimmage, learn rules, drills, and get fit in the water.

Drop in Fee: \$5

Dates / Time: Mondays 9 pm - 9:45 pm

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration

Synchronized Swimming

Children and teens ages 9 and older. Special permission needed for younger swimmers. Synchronized swimming helps intermediate and advanced swimmers alike improve their swimming skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop a greater comfort in the water, and allow them to move through the water with greater ease and confidence. Advanced swimmers develop greater body awareness, core control, and an improved "feel" for the water. **PREREQUISITES:** ability to swim 15 yards; comfort in deep water and underwater.

Dates: 8 Mondays starting September 24

Time: 6 pm - 7:30 pm

Fee: \$125

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration

Yonkers Masters Swim Club

Enjoy friendship and camaraderie as you improve your stroke, technique & conditioning through organized workouts. Geared for the fitness swimmer to the serious competitor. Registered U.S. Masters Swim Team; member LMSC. For more info visit www.yonkersmasters.com.

Dates / Time: Year Round Program
Tuesdays & Thursdays 8 pm - 9:30 pm
Saturday 11 am - 12:30 pm

Age: 18 yrs +

Fee: \$108 for the fall session

Location: Mark Twain Pool, 160 Woodlawn Avenue

On-line Registration: See page 3 - Aquatics registration



Fall 2012 Aquatics / Children's Level Classes

Classes combine the best in swim instruction while keeping a strong emphasis on water safety. Courses are available for all ages and skill levels. A certification card will be received after the successful completion of each level class.

Ages: 4 1/2 & Up

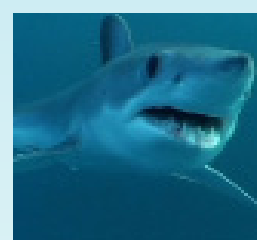
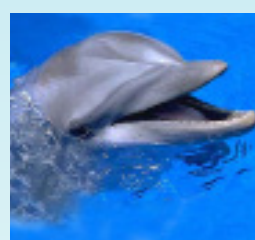
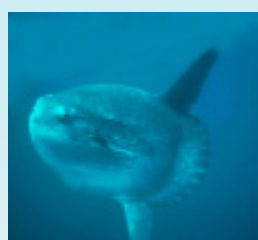
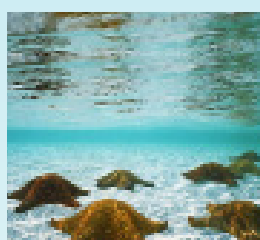
Session: 8 Weeks (please see class descriptions for class start dates)

Fees: \$109 for residents \$134 for non-residents

Water Testing Requirements: If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our level classes, unless you know they are Beginner level 1. Water testing is not required for Parent & Tot, Water Sprites, or Adult Classes.

Water Testing: Monday, September 10 6 - 8 pm Mark Twain Pool

On-line Registration: Tuesday, September 11, 2012 7 pm



Star Fish	Sunfish	Stingray	Dolphin	Shark
Level 1	Level 2	Level 3 A / B	Level 4 A/B	Level 5 A/B
Mark Twain Pool 160 Woodlawn Ave.	Mark Twain Pool 160 Woodlawn Ave.	Mark Twain Pool 160 Woodlawn Ave.	Mark Twain Pool 160 Woodlawn Ave.	Mark Twain Pool 160 Woodlawn Ave.
Monday 6:00 - 6:30 / 6:30 - 7:00 pm	Monday 6:00 - 6:30 / 6:30 - 7:00 pm	Monday A/B 7:00 - 7:45 pm	Monday A 6:15 - 7:00 pm	Monday A 7:00 - 7:45 pm
Tuesday 6:00 - 6:30 / 6:30 - 7:00 pm	Tuesday 6:00 - 6:30 / 6:30 - 7:00 pm	Tuesday A/B 7:00 - 7:45 pm	Tuesday B 6:15 - 7:00 pm	Tuesday B 6:15 - 7:00 pm
Wednesday 6:00 - 6:30 / 6:30 - 7:00 pm	Wednesday 6:00 - 6:30 / 6:30 - 7:00 pm	Wednesday A/B 7:00 - 7:45 pm	Wednesday A/B 6:15 - 7:00 pm	Wednesday A 6:15 - 7:00 pm
Thursday 6:00 - 6:30 / 6:30 - 7:00 pm	Thursday 6:00 - 6:30 / 6:30 - 7:00 pm	Thursday A/B 7:00 - 7:45 pm	Thursday A/B 6:15 - 7:00 pm	Thursday B 6:15 - 7:00 pm
Saturday 9:15 - 9:45 / 9:45 - 10:15 am	Saturday 9:15 - 9:45 / 9:45 - 10:15 am		Friday A 6:15 - 7:00 pm	Saturday A/B 10:15 - 11:00 am
			Friday B 7:00 - 7:45 pm	
Yonkers Ave. Pool 48 Yonkers Ave.	Yonkers Ave. Pool 48 Yonkers Ave.	Yonkers Ave. Pool 48 Yonkers Ave.		
Friday 4:30 - 5:15 pm	Friday 5:15 - 6:00 pm	Saturday 10:15 am - 11 am		
Saturday 11:45 am - 12:30 pm	Saturday 11 am - 11:45 am			

**Level Classes are \$109 for Yonkers Residents
\$134 for non-residents**

Yonkers Tsunami Swim Team



**YONKERS
TSUNAMI**
SWIM TEAM

 City of Yonkers Department of Parks, Recreation and Conservation



Yonkers Tsunami Competitive Swim Team has joined forces with the Westchester Condors to become part of USA Swimming* for the 2012-2013 season. As a member of USA Swimming, Tsunami swimmers will be part of the national organization that selects the US Olympic Team.

Tryouts will be on Monday & Tuesday September 10-11, 4:00 pm - 8:00 pm at the Mark Twain Pool. Additional tryouts are available by request, visit www.yonkerstsunami.com for more information.

Membership Available: Year Round (September - August) or **WSFL Season Only** (September - March)
Age: 6-18 years
Location: Mark Twain Pool, 160 Woodlawn Avenue

Group	Schedule	Full Year	WSFL Only
Stroke Development	T/Th/F 5 - 6 pm, Sat. 12:30 - 2 pm	\$1,250	\$625
	OR T/Th/F 6 - 7 pm, Sat. 12:30 - 2 pm	\$1,250	\$625
Bronze	M/W/F 4:30 - 6 pm, Sat. 12:30 - 2 pm	\$1,450	\$725
	OR M/W/F 5:45 - 7:15 pm, Sat. 12:30 - 2 pm	\$1,450	\$725
Silver	M/T/W/Th 4:30 - 6 pm, Fri. 7 - 8 pm, Sat. 11 - 12:30 pm	\$1,500	\$750
	OR M/T/W/Th 6:45 - 8:30 pm, Fri. 7 - 8 pm, Sat. 11 - 12:30 pm	\$1,500	\$750
Gold	M-F 4 - 6 pm, *Sat 10 am - 12 pm (*Felix Festa Pool)	\$2,000	\$1,000
Senior	M-F 4 - 6 pm, *Sat 10 am - 12 pm (*Felix Festa Pool)	\$2,300	\$1,150

*All swimmers must register as USA Swimmers/Condors; Additional fees apply. Prices are for Yonkers Residents Only. Non-residents receive different pricing. **Practice schedule can vary depending on registration numbers.

Registration and further information is available at www.yonkerstsunami.com.

Aquatic Warrior Exercise Program (AWEP)

NEW

Aquatic Therapy program for our wounded soldiers returning home with musculoskeletal injuries. Water rehabilitation methods help soldiers maintain or improve cardiovascular fitness with less pain while they work to recover from injuries more quickly. For more information please contact Ms. Andrea Velazquez 377-6439.

Days:

Wednesdays 12 - 1 pm

Location:

Yonkers Avenue Pool, 48 Yonkers Avenue, at Oak Street



WOUNDED WARRIOR PROJECT

Project Friendship

Project Friendship: is a group oriented program for persons and adults with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program.

If your child needs additional support you are required to attend and interact with them.

All participants must be toilet trained. Please call Tara Conte-Giglio at 914-377-6450 with any questions.

Art Therapy: Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Age/Time: Children/Pre-teens: 1 pm - 2 pm

Bowling: Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

Location: Paradise Lanes, 790 Yonkers Ave.

Age/Time: Children/Pre-teens Thursdays 4:30 - 6 pm

Age/Time: Adults Fridays 3:30 - 5:30 pm

Dance Therapy: This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational will benefit all than attend.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens 7 pm - 8 pm

Fun & Fitness: Participants will exercise and do a music and movement class all within an exciting hour.

Age/Time: Children & Pre-teens 2 pm - 3 pm

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Hero Tennis: This program is designed to promote a participant's coordination and agility skills.

Location: Mark Twain Gym, 160 Woodlawn Ave.

Day: Program meets weekly on Saturdays.

Age/Time: All Ages 11 am - 12 pm

Music Therapy: Participants will use music to explore and improve, physical, psychological, cognitive and social functioning.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month every other Saturday.

Time: Children & Teens 2 pm - 3 pm

Pet Therapy: This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens: 6:30 pm - 7:00 pm

Storytelling: Join as we read our all-time favorite stories! Parents & participants are encouraged to bring in stories as well! **Location:** Coyne Park CC, 777 McLean Ave.

Age/Time/ Day: Children/Pre-teens Saturdays 12:30 - 1 pm

Special Olympics: Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

Location: Mark Twain Gym, 160 Woodlawn Ave.

Day & Time: Saturdays 9 am - 11 am

Teen Fun Club: Participants will have an opportunity to socialize and make new friends. Activities will include: exercise, sing a longs, community outreach, movies and dine-outs.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Teens 13-22yrs 7 pm - 8 pm

Theatre Workshop: Learn the wonderful craft of drama, self-expression and miming.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Saturdays.

Time: Children & Teens 1 pm - 2 pm

Yoga: This program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

Location: Coyne Park CC, 777 McLean Ave.

Day: Program meets twice a month on Fridays.

Age/Time: Children & Pre-teens 6 pm-7 pm

Young Adult Club: A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, community outreach, exercise, entertainment, cooking, dancing and much more.

Location: Coyne Park CC, 777 McLean Ave.

Age/Day /Time: Teens & Adults Tuesdays 7 - 9 pm

Special Events: A multitude of activities will be planned throughout the year. TBA

Edward J. Murray Memorial Skating Center

348 Tuckahoe Road
Yonkers New York, 10710
(914) 377-6469

Robert Allo.....Rink Manager & Hockey Program
Patricia Urban.....Assistant Rink Manager & Skating School

OUR MISSION

Since 1960, The Murray Skating Center has provided quality skating and hockey programs to residents of The City of Yonkers and the surrounding communities. The Skating Center has endeavored to provide a wide range of programs serving the diverse needs of children and adults of all ages. We have always adhered to our original stated goal which is to produce "skating families". All programs focus on the development of the positive characteristics that can be derived from participation in athletic activities such as good sportsmanship, self discipline, responsibility and the ability to function in peer groups. The importance of winning is de-emphasized while primary attention is focused on the development of a healthy, recreational environment.

OUR PROGRAM GOALS

Our mission is to provide safe, top quality, affordable, recreational Ice Hockey Programs to the youth and adults of our community. Beginning with basic instruction and progressing through league competition we offer something for all ages and skill levels. All programs emphasize skills development, fair play and good sportsmanship and provide participants with the ultimate experience ofHAVING FUN!!!

HOW, WHEN AND WHERE TO REGISTER

Registration will be ongoing until all programs are filled. Office hours for walk-in registration are Monday through Friday from 9:00 am to 4:00 pm or you can register on-line at: www.yonkersny.gov.
FEES DO NOT INCLUDE SKATE RENTALS

PUBLIC SKATING ADMISSIONS

GENERAL ADMISSION \$7.00
CHAPERONE \$1.50
SENIOR CITIZEN \$2.00 (10 am to noon sessions only)
SKATE RENTAL \$4.00

PUBLIC SKATING SESSIONS

Wednesdays & Thursdays 10 am - Noon
Friday 10 am - Noon & 8 - 10 pm
Saturday 11 am - 1pm, 2 - 4 pm & 8- 10 pm
Sunday 11 am - 1 pm, 2 - 4 pm & 5:20 - 7:20 pm

HOLIDAY WEEK SCHEDULE

Monday, December 24th 11 am - 1 pm, 2 - 4 pm
Tuesday, December 25th CLOSED CHRISTMAS DAY
Wednesday, December 26th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm
Thursday, December 27th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm
Friday, December 28th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm
Saturday, December 29th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm
Sunday, December 30th 11 am - 1 pm, 2 - 4 pm & 5:20 - 7:20 pm
Monday, December 31st 11 am - 1 pm, 2 - 4 pm
Tuesday, January 1st 11 am - 1 pm, 2 - 4 pm & 5:20 - 7:20 pm

MARTIN LUTHER KING JR. DAY

Monday, January 21st 11 am - 1 pm, 2 - 4 pm

PRESIDENT'S WEEK

Monday, February 18th 11 am - 1 pm, 2 - 4 pm
Tuesday, February 19th 11 am - 1 pm
Wednesday, February 20th 10 am - Noon
Thursday, February 21st 10 am - Noon
Friday, February 22nd 10 am - Noon, 8 pm - 10 pm

Edward J. Murray Memorial Skating Center

2012 / 2013 - Semester I

TOT "TRIAL" EVALUATION CLASS

AGES 4, 5 & 6

Tots can "try-out" a group skating class, to help decide if they are ready for lessons. Reservations for a trial class will reserve a spot in the first semester of group classes. If the parent decides to continue the class, full payment for Semester I must be made on the day of the trial class. A child may register for lessons without a trial class. Missed reservations for trials will be charged for a new trial date if space is available. Call for registration information. Pre-registration is REQUIRED for the Trial Lesson. Fee for Trial Class: \$ 15.00

Please call for more information.

TOT CLASS- AGES 4, 5 & 6

Curriculum includes 4 levels from learning to stand and move on the ice to stroking and one foot glides.

Children will be grouped according to their skill level.

SKATE 1 AND SKATE 2 CLASS

AGES 7 TO 14

Students must be able to stand on the ice unassisted in order to be eligible for this class. Curriculum includes an array of basic skating skills from two foot glides to stroking and backward swizzles. Upon mastery of recreational level, students are tested for the ISI Pre-Alpha Level and move up to the the Alpha level, for an additional fee, paid to the City of Yonkers.

Note: All students with appropriate skills are eligible for Alpha Class

TOT , SKATE 1 & SKATE 2 CLASS TIMES & FEES SEMESTER I

TUESDAY	4 pm or 4:30 pm	12 WEEKS	\$180.00
THURSDAY	4 pm	11 WEEKS	\$165.00
SATURDAY	9:45 or 10:15 am	12 WEEKS	\$180.00
SUNDAY	1:15 pm	12 WEEKS	\$180.00

LEARN TO SKATE PROGRAM - Semester I

The Ice Skating Institute Method: All students begin lessons at the Tot , Skate 1 or 2 level learning basic skills necessary to progress to Alpha level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level. Register online at yonkersny.gov.

ALPHA CLASS

Curriculum: Forward stroking , forward crossovers one foot snow plow and posture as detailed in the ISI Handbook

BETA CLASS

Curriculum: Backward stroking, backward crossover strokes, T-stop and posture as detailed in the ISI Handbook.

GAMMA CLASS

Curriculum: Three turns & Mohawk turns, hockey stop & posture as detailed in the ISI Hand book.

DELTA CLASS

Curriculum: Forward inside three turns, forward edges shoot the duck, forward lunge, bunny hop and posture as detailed in the ISI Handbook.

SEMESTER I

TUESDAY	5:00 pm	12 WEEKS	\$192.00
SATURDAY	9:15 am	12 WEEKS	\$192.00

SEMESTER I

OCTOBER TO DECEMBER

SATURDAY	SUNDAY	TUESDAY	THURSDAY
9/29-12/15	9/30-12/16	10/2-12/18	10/4-12/20

FREESTYLE 1 THROUGH 9 CLASSES

Curriculum includes stamina training, flexibility, all jumps and spins in a progression of difficulty. The first 15 minutes of each class will be a warm-up period devoted to power skating, edges and movement to music.

FREESTYLE 1 THROUGH 4

SEMESTER I

SATURDAY	8:30 am	12 WEEKS	\$ 216.00
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FREESTYLE 5 THROUGH 9

SEMESTER I

SATURDAY	7:45 am	12 WEEKS	\$ 216.00
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Edward J. Murray Memorial Skating Center

2012 - 2013 HOCKEY PROGRAMS

GENERAL YOUTH HOCKEY INFORMATION

All youth hockey programs are designed to promote skills development utilizing games and drills in accordance with the guidelines set forth by "USA Hockey". "USA Hockey" membership provides excess insurance and other benefits. "USA Hockey" is currently promoting the use of "cross ice" programs to enhance player development. "Cross ice" games and practices will be utilized for all youth hockey programs. Registration is ongoing and will continue until programs are filled. Register online at www.yonkersny.gov. All fees must be paid in full at registration. Players age determines eligibility and placement. COPY OF BIRTH CERTIFICATE REQUIRED FOR ALL YOUTH HOCKEY PLAYERS.

LEARN TO SKATE CLASSES

The primary mission of an aspiring hockey player should be to learn how to skate. A wide range of class times are available for those who need to learn the basics of ice skating prior to playing hockey. (See Skating School Programs). Beginning skaters looking for the hockey environment are also welcome to join the "Hockey Clinic" if they have the required equipment. Whatever the choice, either program will get a new player off to a great start. Register online at yonkersny.gov.

HOCKEY CLINIC-LEARN TO PLAY

Tuesdays from 5:30 to 6:15 pm and also Saturday 1:00 - 1:45 pm for ages 5 to 12 years. Participants are grouped according to proficiency and given instruction in basic skating and hockey skills. Simple games and drills will be utilized to accomplish these goals. Cross Ice scrimmages will be organized at the end of each session.

Tuesday 10/2/12 - 4/23/13, 28 Weeks, \$476.00 Saturday 9/29/12 - 4/20/13, 25 Weeks, \$425.00

Checks payable to: City of Yonkers or register online at yonkersny.gov. Credit cards are accepted.

IN-HOUSE LEAGUES

Teams will be formed in the age groups listed and will compete in a non-checking, recreational format. Pre-season workouts will be held for the purpose of evaluating players for placement on teams and enhancing the individual skills needed to participate. In addition to the regular season games and playoffs, general practices will be incorporated into the schedule to promote player development. Jerseys, referees, scorekeepers and awards are included in the league fee. Winning games is de-emphasized as the program will focus on equal playing time and skills development including cross ice games and practices. Players must be available during any of the planned times listed. Fee: \$500. Checks payable to "City of Yonkers". Online registration available at www.yonkersny.gov. ALL PLAYERS MUST REGISTER FOR USA HOCKEY ONLINE IN ORDER TO REGISTER FOR THE HOUSE LEAGUE. REGISTER AT WWW.USAHOCKEY.COM

DIVISION AGES

SQUIRT/ MITES Ages 10 and under (age on or before 12/31/2012)

PLANNED TIMES: Sundays at 4:10 pm

BANTAM/PEEWEE Ages 14 and under (age on or before 12/31/2012)

PLANNED TIMES: Sundays at 9:40 am and / or Tuesday 7:40 - 8:40 pm

Edward J. Murray Memorial Skating Center

2012 - 2013 HOCKEY PROGRAMS CONTINUED...

EQUIPMENT REQUIREMENTS FOR HOCKEY PROGRAMS

H.E.C.C. approved helmet & face protection

- Throat protector
- Inner mouth piece
- Ice hockey shoulder, shin & elbow pads
- Cup and athletic supporter
- Ice hockey gloves and stick
- Ice hockey skates
- Ice hockey pants

OPEN HOCKEY

Fee: \$10 per session

Players 18 years and older may participate in an open scrimmage or practice workout during the times listed below. Equipment required! Goalies skate free
Tuesday Mornings 11 am to 1 pm
Thursday Afternoons 12:15 pm to 2:15 pm

ICE RENTAL TIMES AVAILABLE

FEE: \$360. PER HOUR

Proper forms and a \$100 non-refundable deposit required per hour rented to reserve ice time.

Discounted ice rental fee:

Monday - Sunday 12:30 am - 5:30 am

\$200.00 per hour plus terms listed above

HAVING A BIRTHDAY? Why Not An Ice Skating Party?

- Combine the fun of ice skating with a birthday and you have one especially happy occasion. Reserve your table for at least 12 skating guests on any public skating session except Saturday from 11 to 1 p.m.
- Admission for skating guests is \$6.00 and skate rental is \$4.00. A check for \$50 made payable to: City of Yonkers along with a completed reservation form are required to secure a party reservation.
- You may decorate your table and bring a birthday cake with the necessary paper goods to serve your cake. Our snack bar is open for your convenience for any beverages and food you would like to serve. Our cashier will count your guests and issue a ticket for skate rentals needed. When all your guests have arrived, you may pay the cashier.
- Restrictions: No food or beverage with the exception of a Birthday Cake may be brought into the rink and you must leave the rink at the end of the public session. No confetti, noisemakers.
- For party reservations please call the rink office at (914) 377-6469.

“Ice Palace Cafe” offers a complete and courteous food service with a wide range of menu selections. Ask about the Birthday Party Package and take advantage of the many options available to make your party a special event. Call (914) 434-6666 and ask for Joe.

“The Varsity Skate Shop” offers a wide range of ice skates and skating apparel and accessories at reasonable prices right on the premises. Skate sharpening and repairs are also available. Stop by the shop for all your skating needs as well as expert and courteous service. Call (914) 337- 3916 and ask for Bill

Coyne Park Rifle and Pistol Range

771 McLean Avenue 377-6488
www.coyneparkrange.net

The Coyne Park Range is a modern, state-of-the-art indoor shooting range conveniently located in southeast Yonkers. A public range welcoming to all recreational shooters and law enforcement personnel.

There are many reasons why more than 19 million Americans safely participate in the fun and challenging sport of target shooting. This is a sport that can vary from a leisurely hobby to competing in local and national leagues, or just competing with yourself. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Business Hours: Monday, Wednesday, Thursday: 5:00 pm - 10:00 pm
Fridays: 10:00 am - 10:00 pm
Saturday & Sunday: 12:00 noon - 6:00 pm
Closed on Tuesday

Residents and Non Residents: \$20 per hour
Yearly memberships available, Residents \$275 non Residents \$300
Eye and Ear Protection: \$3 each
.22 Caliber Rifle Usage: \$17 per session
.22 Caliber Ammo: \$7 per hundred



Light (.22 Caliber) Rifle Shooting for Women

This introductory course teaches basic knowledge of rifle, ammunition and firearm safety through lectures and target shooting. Maximum 14 students. Rifles provided by the Range.

Dates / Time: 3 Saturdays: October 13, 20, 27.
10:00 am - 12:00 Noon

Special Fee: \$60 for residents and non-residents

Location: Coyne Park Rifle & Pistol Range, 771 McLean Ave.

On-line Registration: See page 3

Yonkers Animal Shelter / Building Hope

120 Fullerton Avenue
Yonkers, NY 10704
914-377-6730

Interested in adopting? We are constantly in search of new homes for all our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet please consider meeting our beautiful animals. Our volunteer adoption coordinator is available to discuss our adoptable animals with you. Potential adopters are required to fill out our pre-adoption form, which can be done at the shelter.

Hours of Operation

Monday thru Friday 11:00 to 4:00
Saturday and Sunday 12:00 to 4:00
Adoption fees: Cats \$65.00 / Dogs \$80.00

Adoptions include:

Spaying and neutering, a Distemper shot,
De-worming, Rabies shot, a Dog license and a free
examination with a participating veterinarian.

Dog Obedience Classes:

The Yonkers Department of Parks & Recreation offers 6-week classes for dogs 4 months and older.
See page 25 for all details

WE NEED YOUR HELP!

The Yonkers Animal Shelter needs a new home to care for abandoned, abused and neglected animals. The current animal shelter, at 120 Fullerton Avenue, was built almost fifty years ago. At that time, the focus in the city of Yonkers, as in most communities, was animal control; the shelter was seen as a temporary holding facility for animals that were picked up off the streets.

Dogs and cats were generally held for a short period of time and if not claimed by an owner, they were often euthanized. Since adoption was not a goal of the shelter, the original building was not set up to be a comfortable and healthy facility for the animals or to show them off to potential new owners.

The current shelter is literally a crumbling, antiquated facility that is too small, at a maximum capacity of 140 animals, for a city the size of Yonkers. Sometimes, healthy, adoptable animals must be put down to make room for the constant flow of homeless pets that arrive daily from Yonkers and nearby towns. Although the staff does its best to keep the shelter clean, the cages are cramped and the surroundings are depressing. There is no grassy area for the dogs to exercise. The cat rooms are small, with cages piled on top of one another. In this unappealing setting, it's easy to see why many people who might want to adopt a pet simply stay away.

Modern shelters now focus on adoption as a primary goal, and comfortable, humane living conditions for the animals are emphasized. There is ample room for dogs to exercise, and cats are often housed in group settings without cages in which they can play and socialize. Improving the living conditions of shelter animals is not only more humane; better living conditions mean the animals do not become depressed and unfriendly. As a result, these homeless pets remain healthy and adoptable.

The new Yonkers Animal Shelter will be 14,000 sq. ft., feature an expanded kennel area with room for 50% more animals, include modern medical and exercise areas, and contain inviting public spaces that will showcase the animals for adoption.



Please send all donations to:
Building Hope for the New YAS, Inc.
P.O. Box 406
Yonkers, New York 10710



Music in the Air this Fall

Columbus Day Parade

Sunday, September 30 at 2:00 pm

Seminary Avenue from Yonkers Avenue to Midland Avenue

Left on Midland Avenue to Mile Square Road

Yonkers Philharmonic Orchestra

James Sadewhite, Conductor

Sunday, October 28 at 3:00 pm

Saunders High School, 183 Palmer Road

Free Admission



Yonkers Male Glee Club

Robert Sonnenberg, Music Director

Sunday, December 16 at 3:00 pm

Saunders High School, 183 Palmer Road

Free Admission